

Ignite Your Seeds of Potential

WEEK SIX

Creation and
Community





WEEK SIX REFLECTIONS:

What has shifted in your life since beginning this course?

What new insights or abilities have you discovered about your energetic potential?

How has your understanding of your Seed of Potential evolved?

Write to your Higher Self, asking what else it wants to tell you.

[illegible]

✨ CREATION JOURNEY ✨

Seeing makes it more so – let us dream consciously, not from our wounds.

1) **4x4x4x4 Breathing** or **Breath work** you learned in Week 1

2) **Open your 8th Chakra bubble** and **drop into your infinite center** – get in touch with all that you have been weaving into your conscious – ***Who am I? What do I Bring?***

3) **Feel all the pieces** – your Essence, the passion you have come in with, the gifts from all your engagements with life – what you have alchemized into treasures, all the richness.

4) **Put it all on a golden platter** – feel the weight of it

5) **Send it to the Source of Creation** – all the way up- let it

DISSOLVE ✨ MIX INTO THE ESSENTIAL ✨

6) **Sense it recalibrating at the Source of Creation** – sense your “YES!” - we want to feel our fullest state vibrationally, so then we attract it EFFORTLESSLY – Keep listening to your Higher Self – communicate with it to continue to flesh out the guidance.



7) 7th Chakra – What is your Creation choice/focus? The essence of your Seed of Potential – GUIDANCE FROM STILLNESS

8) 6th Chakra – See your Creation through the **Momentum Tunnel** (Destiny retrieval) with Eagle.

BE THE FREQUENCY OF WHAT YOU ARE CHOOSING TO CREATE

- How did it feel to you and how did it ripple out?
- What do you see in its highest form?



9) 5th Chakra – Writing and expressing it – together with the 6th – bring it back into its fullest state vibrationally so then we attract it EFFORTLESSLY – **Keep communicating with your Higher Self** – to flesh out the guidance.

10) 4th Chakra - Does it make your heart sing? - if not, SEND IT ALL THE WAY BACK UP TO THE ESSENTIAL and see what comes down
Make a choice to be supported by Spirit/Higher Self/Pachamama

11) 3rd Chakra – inspired/guided action – what is the next step that naturally flows, is there a next, and next? – is it in flow with living in the sweetness of life?

12) 2nd Chakra – RESOURCES

Create space? Money? Time? Software? Support? COULD BE BRAINSTORMING

k) 1st Chakra – journey to Pachamama for support

·Create a statement in the present to anchor over the next few weeks.

CREATION DOWN THE CHAKRAS

7th Chakra - Crown
What is your Creation
choice/focus? The
essence of your Seed of
Potential –
**GUIDANCE FROM
STILLNESS**

6th Chakra - 3rd Eye
Creation focus **BE THE
FREQUENCY OF
WHAT YOU'RE
CHOOSING TO
CREATE**

5th Chakra - Throat
Writing and
expressing it
**MAKES IT THAT
MUCH MORE SO**

4th Chakra - Heart
**DOES IT MAKE
MY HEART SING?**

**3rd Chakra - Solar
Plexus**
**INSPIRED
ACTION**
Is it in alignment
with who I am?

1st Chakra - Root
**RELEASE
ATTACHMENT TO
THE FORM or who it
belongs to.**

CELEBRATE!

2nd Chakra - Sacral
**WHAT
RESOURCES DO I
NEED?**
Ask for assistance
from Spirit





Tools from this moment on:

1) Energetic Daily Check-In:

Spend 5-10 minutes each morning or evening reflecting on the state of your Seed and set an intention for the day/week ahead. This could involve visualization, journaling, or asking specific questions like:

- What does my seed need from me today?
- How can I nurture and grow my seed in this moment?

2) Breath work for vitalizing and clearing

I like to do breath work to lift my mood up and put me in a space to write, create or think from a higher place. Some days I do just one round or just open my 8th Chakra over me and sit in the bubble, feeling my conduit connecting from above, through me and into the Earth.

3) Use the clearing techniques from weeks 2 and 3 to clear anything that comes up as your Seed of Potential grows.

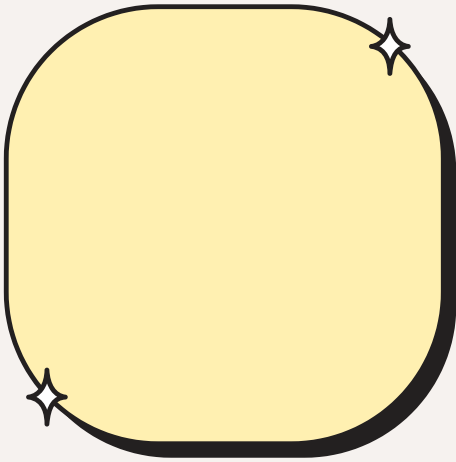
4) Repeat your unique Seed of Potential statement daily and create a body movement with it to anchor it in your being.

5) Connect with me for a 30 minute integration call.

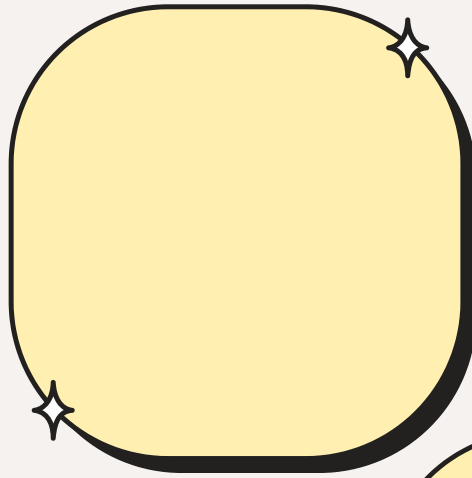
Schedule with this link: <https://calendly.com/titina/soul-clarity-session>

COMMUNITY

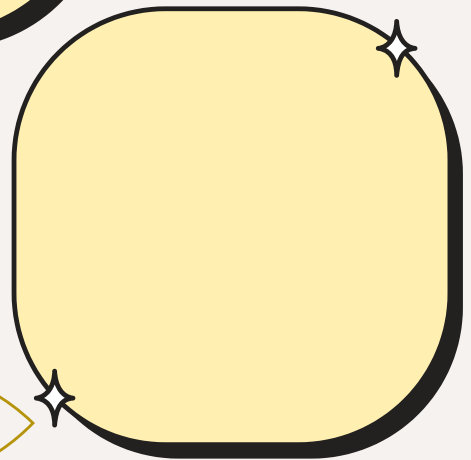
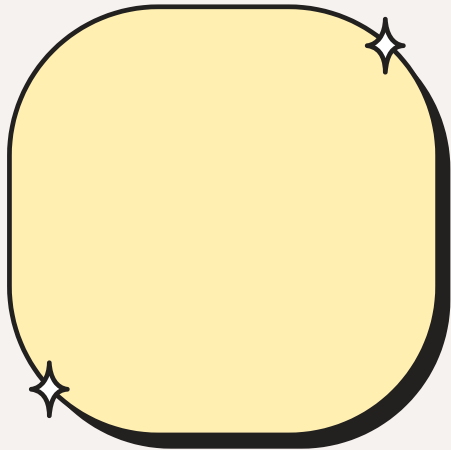
**Spiritual Connection
Universe/Earth/Spiritual
Guides etc.**



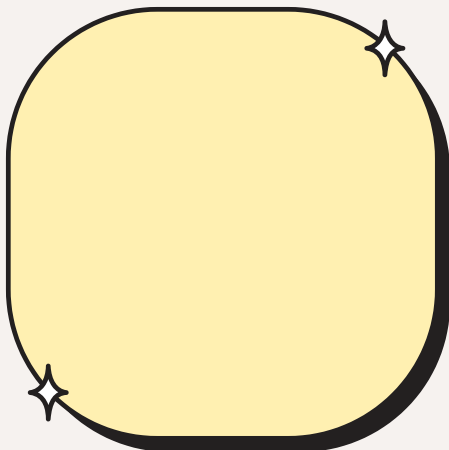
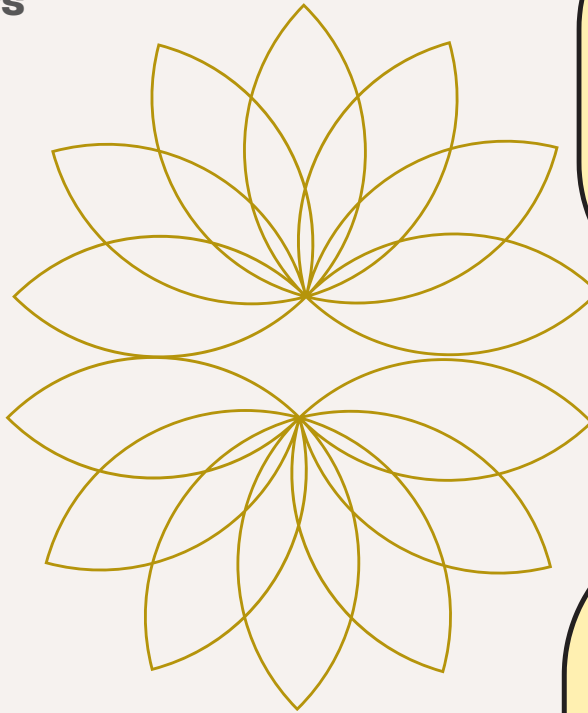
Teachers



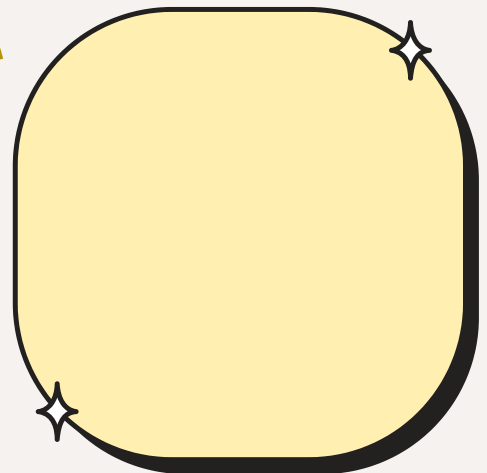
Friends & Cheerleaders



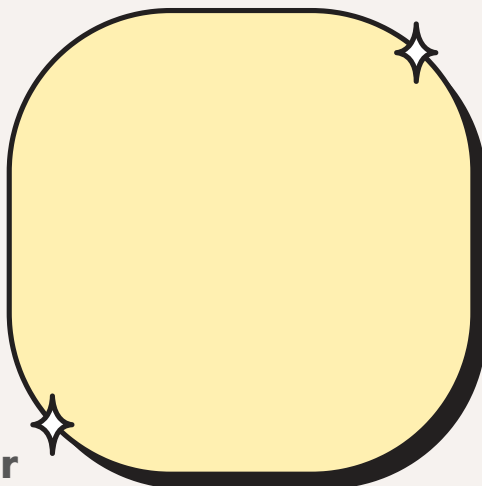
**Books/Podcast/
Websites**



Classes



**Spiritual
Tribe/Community**



Other